

Northwest Iowa P.C.
Surgeons

1823 Highway Blvd., Suite 5 • Spencer, IA 51301
Phone: (712) 262-6320 • FAX: (712) 264-3007

Patient Account Sticker Here

Hysteroscopy and/or Dilation and Curettage (D&C)

It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call your local emergency room.

After Surgery

After surgery you will remain in the recovery room for approximately two hours. Once you are alert, awake, and able to walk around and empty your bladder, you will be discharged home. If you did not receive a pain medication prescription, you may use Motrin or Advil for cramping.

You may begin your usual home medications as you were taking before unless directed by your doctor.

At Home

Once arriving at home, plan on resting the entire evening with very limited activity. If you have small children, you should make arrangements for another adult to be responsible for their care. It is not uncommon to have nausea after anesthesia. We recommend a clear liquid diet the evening of surgery, advancing to a regular diet 24 hours after surgery or when the nausea resolves.

You should avoid douching, intercourse, or tampons until one week after all spotting or bleeding has stopped. This may be three to four weeks after your surgery. However, on occasion, you may experience spotting or light bleeding or vaginal discharge for several weeks. Your next menstrual period, if you are pre-menopausal, may not occur at the expected time. It may be early or late and the flow may be heavier than usual. You may shower the first week at home, then resume tub baths if you prefer.

You may resume your normal activities the day following surgery, avoiding heavy lifting or straining. If you are not taking any pain medications, you may be able to drive and leave the house the day following surgery. If you are uncomfortable enough to require pain medication, we recommend that you continue to limit your activities, increase your rest, post-pone your driving and limit your usual activities until you no longer require pain medications. If you plan to take a trip longer than one to two hours prior to your post-operative visit, please call the office.

When to Call the Doctor

Call for any fever above 100.5 F. If you do not feel feverish you do not have to routinely check your temperature.

Call for severe pain not improved by medications.

Call for persistent nausea and/or vomiting.

Call for menstrual level or more vaginal bleeding or significant vaginal discharge.

Call for unusual swelling in your legs.

Call if the incisions develop painful redness and discharge.